

Healthy Goals

- **Total cholesterol** < 200 mg/dL
- **HDL (Good) cholesterol** 40 mg/dL or higher (men)
50 mg/dL or higher (women)
- **LDL (Bad) cholesterol** **LDL cholesterol goals vary.**
 - ✕ For people with no heart disease and one or no risk factors, the goal is < 160 mg/dL.
 - ✕ **For most people with two or more risk factors**, the goal is **< 130 mg/dL.**
 - ✕ For people with heart disease or diabetes, the goal is < 100 mg/dL.
- **Triglycerides** < 150 mg/dL
- **Blood Pressure** < 120/80 mmHg
- **Fasting glucose** < 110 mg/dL
- **Body mass index (BMI)** < 25
- **Waist circumference** < 40 inches (men)
< 35 inches (women)
- **Exercise** At least 30 minutes most or all days of the week.
- **Eat a balanced diet** that emphasizes fruits and vegetables (5 to 9 servings daily), cereal and grain products (25 grams of fiber daily), fat-free and low-fat dairy products (3 servings daily), legumes, nuts, fish, poultry and lean meats.
- **Don't' smoke** — if you do, stop.
- **Schedule regular visits with your doctor.**

